



YOGASPACEPZ Iyengar Yoga

October 2020

Due to the Covid restrictions, class sizes have been reduced to maintain safe social distancing. The studio and its equipment will be cleaned before and after each class. All classes need to be pre-booked with the teacher as there are no drop in sessions.

| Day | Level | Teacher |
|---|---|----------------------------|
| Monday 9.30am – 11.00am 1.30pm – 3.00pm 6.00pm – 7.30 pm | Beginners/Improvers General Mixed ability | Judith Judith Rachel |
| Tuesday 9.45 – 11.15 am 2.00 – 3.15 pm 7.00 – 8.30 pm | Mixed ability Foundation Mixed ability | Tracey Judith Judith |
| Wednesday 11.30am – 12.30pm | Over 50s | Rachel |
| Thursday 9.45 – 11.15 am | Mixed ability | Tracey |
| Friday 9.30am – 10.30am 11.15am – 12.15pm 1.00pm – 3.00pm | Beginners Over 50s Intermediate | Rachel Rachel Judith |
| Saturday | | |

For more information regarding a class please contact the teacher. All our teachers are Iyengar Yoga certified.

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| Judith Van Dop | 01736 360880 | Rachel Bohadana | 07568 592289 |
| Tracey Wearne | 01736 732699 | | |

For 1:1 tuition contact Judith

n.b. Beginners are very welcome in the mixed ability class.